



Pocket Calorie Counter, 2016 Edition: The Complete Discreet, and Portable Guide for Managing Your Health (Hardback)

By Suzanne Beilenson

Peter Pauper Press, United States, 2015. Hardback. Condition: New. Updated. Language: English . Brand New Book. Revised and updated for 2016! Count on it! Keep track of everything you eat and drink with this sleek little Pocket Calorie Counter. More than 8,000 entries! Provides calorie counts for most foods and beverages, as well as protein, carbs, fiber, sodium, fats, and other essentials. Includes menu items from popular restaurants, too! Compact enough to take with you when dining out. Elastic band attached to back cover keeps book closed or keeps your place. Removable front cover band/label. Book measures 4-1/2 inches wide by 5-7/8 inches high. 352 pages.

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